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VETERATIONS

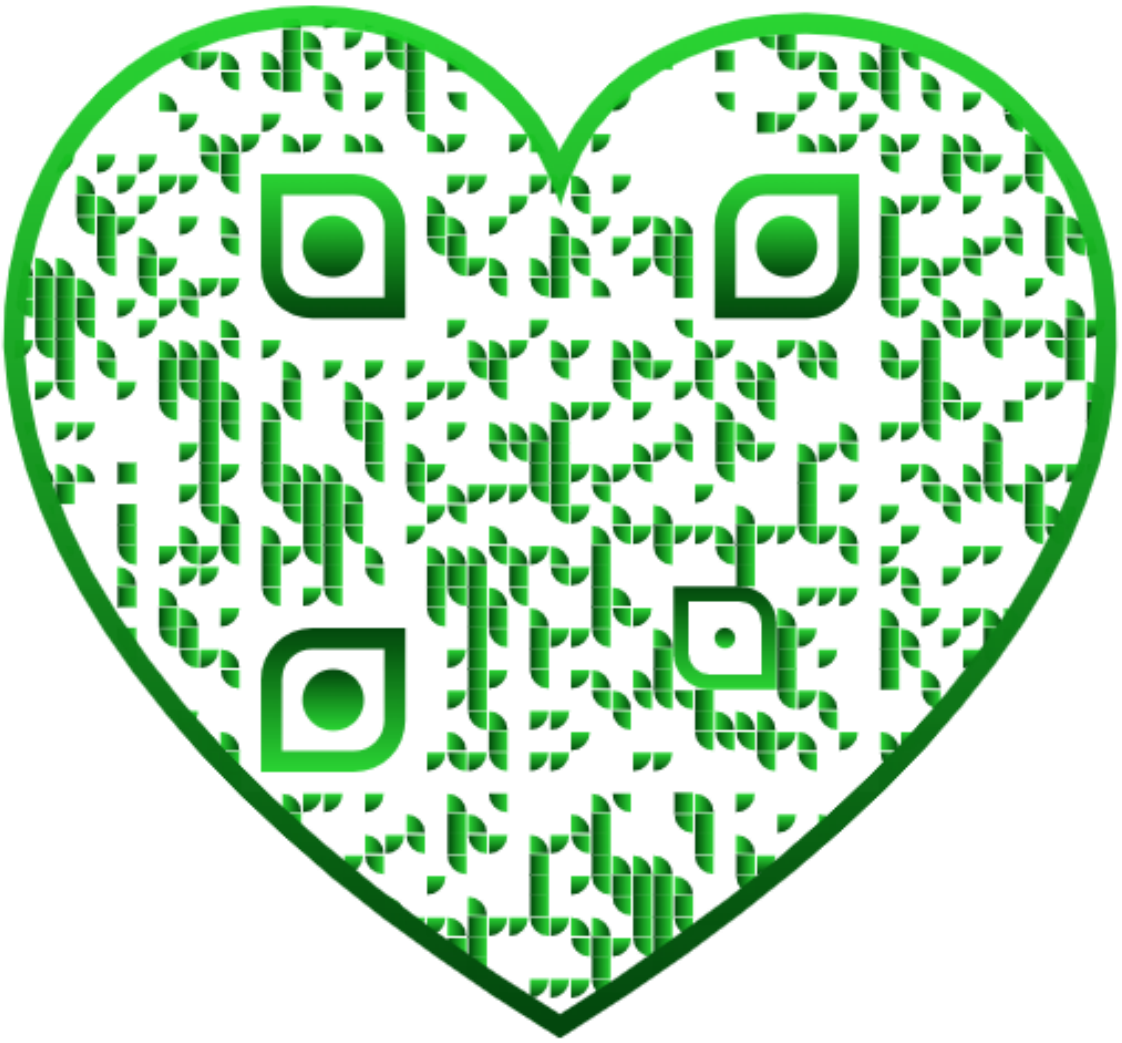
-growing towards positivity

" YOUR EYES ARE CLOSED, OPEN THEM AND SEE "
- Veteran

"Wisdom is not just a word, it's state of being, it's choosing what's right, it's choosing self Love its being Love" - Veteran

Urges

now what's an "urge", it is energy ⚡ (energy is capacity to do work), urge gives you energy to do



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work, weather it be eating food(hunger urge) or weather it be sexual one, energy in the sense you will feel energetic for doing these specific things like over eating and fap but not for doing some good productive work. To manage the urge means to use it for productive work*
These could come in various forms:

Normal form
-normies..
Solution: understand that its not right and where it leads to.

Challenge form

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-in form of challenges to fool oneself

Solutions: keep an eye and dont get fooled

Physical form
-feels like immense pleasure awaiting but actually its not.

Solutions: Understand that its temporary pleasure nothing else

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Mental form
-While in boredom or distressed

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Solution: either remove them or accept it as it is.

Some hidden urges
When you are "busy" doing something for eg. you wanted to do 100 questions in your studies or wanted to watch a video about LucidDreams which is 1-2hrs long,
you decided not to wake up till it is finished, not to do anything else till it finishes

now while doing that work you suddenly get an "urge"out of nowhere, you now
(a) either begin to think about it and then relapse

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(b) realised that ouu this is an urge, (you know where it leads to) so you decided to ignore it(ignored it because you already decided to do your work deeply and don't pay any attention to anything),
what happens now that you surely ignored it for now but it gets stored in your subconscious as you didn't did any work to remove that urge out of your mind.

this case (b) ultimately leads to a relapse

if this urge is very small(just a thought, it is known as Ignored Minor

and if this urge is physical which means you are

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really feeling the sh*t out of it, then it is ignored major

Ignored Minor
-comes quickly while, busy in some other work, due to neglection(not literal neglection but negelecting right way to react to it) it gets shoved down in subconscious and gets manifested.

Solution: Dont ignore by being mindful.

—
Ignored Major

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-caused due to incorrectly responding to a giant one.

Solution: Cultivate emotional control and mindfulness.

Distress

Decrease the amount of distress, as high amount of distress (comes from, being fat, lazy, unproductive, unprofessional, not socializing enough, over eating, not studying enough, not getting good scores in exams, unable to control oneself, unclear mind, lack of purpose and vision,

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lack of ambition, not completing goals, etc) leads to temporary pleasure seeking behaviour which leads to more distress and forms a cycle.

Self control

"Stay mindful"
"Become adapted to boredom" (know that at start its just going to happen and should be accepted anyways)
"purpose and goal should be at upmost priority"

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Experience just before relapsing

It would feel that watching is completely right and lets just watch to relax the mind and then we would move on, but what actually happens is relapse, it could come as a challenge also, be aware next time, best way to control this if you are reading this right now is to do energy transmutation meditation and transmute the energy. Stay positive, stay happy, urge would go away after some time. It can't t win against you!

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Thoughts

Be serious about thoughts, dont try to get away from negative thoughts but try to go towards positive thoughts, whenever thought comes dont think like this- "this thought should not be in my mind and i should not think about it", as this means in order to not think about it, you have to think about it which will generate more problems, rather think this whenever any negative thought comes - "what should i learn next in meditation, how could i'll be mindful, ohk lets be mindful, lets induce positivity through positive affirmations" only think towards positive again and again and again until you really start to see results.

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Most Important

Your one negelection, your one moment of not being serious about it could lead to very bad consequences, it does not take many mistakes it takes only 1 mistake to relapse. Be super serious and take action accordingly.

Tell yourself

Its impossible, its the end of bad habits, its just never gonna happen howsoever. It is all fantasy that it would happen in any form what so ever, only the thing that would happen is the truth will shine through.

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You are serious about not doing,
Now be serious about not consuming it,
Now be serious about not even thinking about it
:)

It needs to be perfect in every aspect,
Healthy food
Pure thoughts
Calm mind
Completion of all goals
Fully disciplined self

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Mindfulness upto a certain extent

Emptiness, Regrets & Loneliness
When you are deeply engaged in a movie or book you are living in a heightened state of being, there is always a let down when you leave that state, ie. because the movie/book ends.
Leaving the fantastic “space” of the movie/book and going back to the ho hum mundane tasks of everyday life is not usually as exciting or desirable compared to the compelling world of the fantasy.

Its like when you experience more pleasure in

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something than your normal work, you get into a heightened state and now your brain have a space for it which this pleasure fills, but when you stop getting that pleasure at ending you come back to your normal daily going state so that space that was filled with pleasure is now empty, thats why you feel unsatisfied as you exoected it to remain the same throughout, but now you realize that, pleasure is temporary it starts to hurt. To get out of it you should understand "cheap thrills are cheap" which means pleasure and pain are both equally temporary as one another its better to not go into any pleasure seeking state, and just stay neutral, positive, Good and stable everytime.

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Disadvantages

1 Lack of energy
2 Lack of motivation
3 Lack of Mindfulness
4 Lack of focus and concentration power
5 Feeling sleepy
6 Impure mind
7 Racing thoughts
8 Regretful and sad behaviour
9 Boost to self destructive thoughts
10 Negative thinking
11 Unclear mind
12 Less control over thoughts
13 Lack of self control

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14 Not getting anywhere
15 Negative effects on productivity
16 Negative emotions generation
17 Destroyes purpose
18 Mental instability
19 Less patience
20 Decrease in comfortzone
21 Hormonal imbalance
22Hair loss
23 So many Skin problems
24 Super unhealthy
25 Leads to more and more addictions
26 Increases boredom
27 Disturbs mind
28 Causes much more distress
29 Affects quality of sleep

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30 destroyes self esteem and self image
31 decreases confidence
32 Increases chatter in mind
33 It will make you feel sh*t & it will mak eyou sleep after that.
34 makes whole day unproductive
35 Destroyes Motivation Levels
36 Induced Dark circles and obesity
37 shatters you from inside
38 damages your internal organs
39 drags you out of your "knowledge zone" (let's you forget what you have learnt, by weakening their neural pathways and strengthening itself's)
40 It is Hindrance To Your Wisdom

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What you need to build....
Perseverance : **continued effort to do or achieve something despite difficulties**.

Resilience :**the ability to withstand adversity and bounce back from difficult life events**. Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering. ... Resilience is important because it gives people the strength needed to process and overcome hardship(bearing hardships and overcoming it)

If replapsed...
Get Back Up as soon as possible, don't complain

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they are just an escape and could not do anything in reality. Learn what caused it and prevent it from happening next time, build your mindset not keep it fix, if your previous mindset didn't worked, change it make it better and better and you should keep doing it... Don't worry, it would just make you double unhappy, nothing else. At the end of the day it would be considered better to relapse and learn from a part of it rather than destroying the whole day, and thinking that you would make a change next day, actually changes happen in present not in future.... Either you succeeded and set higher goals or you learn, you can that's it, no chance of digging into escapism as excuses doesn't even matter at the end of the day.

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Low Phase phenomenon
When it's going fine, suddenly due to slight unrecognised distress, self discipline starts to loose up, the graph goes down. Pleasure seeking behavior starts to begin. Here one must recognise that it's Low Phase. One should stop for a second, do a psychological enquiry and start to remove distresses one by one. After that as soon as possible one must go back and most importantly go back stronger! Also as prevention is better than cure so to prevent this from happening one should be effortlessly mindful throughout the day, it is a skill that needs to be

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build.

Dream
Dont ruin your whole day just because you saw a negative dream, either realise the truth or consider it as fantasy.
It's just a dream, it ain't do nothing.

Final insight
Your the one who does it, because you want pleasure, you are allowing it. You need to Sacrifice, you need to embrace the pain, You need to reprogram every time you feel doing it. It's totally in your control, after sometime it will fade

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away, it has to, Only thing that you should keep in mind is what you yourself choose to.

Thyself
Not Mindful(awake)
Lazy and sleepy
Lack of interensic motivation
Addictions
Lack of honesty towards self
Lack of rememberance of knowledge
Morning "LazyDog"-Lack of mindset/forgetting the mindset.

No Not-even Once
The main factor is that we procrastinate and say I'll make a streak of studying 15+hrs tomorrow but

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we forgot to realize that change happens only Now, if we will wait for Tomorrow neural pathways of Bad habits will get more strenghten which will be worse than now, so, it's better to understand and change now, start now, make good habits now, study now & Grow Now!

Neural Backlog
So What i want to tell you through all this what i wrote is that, we don't need to constantly struggle to always end up failing and becoming a hustler. I want to generate "Value", which means to work 18hrs a day without an effort and being happy all the time doing it. It may seem fantasy but it is reality, i have done it. So here is how you can do it too, You have to struggle and put in hard

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work so much that when you will grow towards the another end of spectrum it will be all tge more pleasurable that is
"Generation of Values by developing Virtues"
Here is how it actually works
Our brain makes new habits by making new Neural Pathways and constantly doing it, Whichever work's neural pathways are more are preferred at the time of making a decision or choice (kind of same as wires, more neural wires more preferable will it become by you at the time of taking action).
So you have to
1 Fix your old neural pathways of bad habits
2 Fix More incoming bad neural links that are constantly being formed by your bad habits
3 Make new good Neural pathways for building

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good habits.
So you should always be +3 at your Neural Game.
when you will hustle and be in that +3 for long enough then Congratulations 🎊 you have generated value, now you will automatically step up towards Success but effortlessly.
That is similar to a Topper's Mindset, Clear old backlogs of subjects, also study constant ongoing subjects and Study more to be ahead and get a Rank (if there's a ranking system) aka Top.

Truth is truth if its hard to accept then go hard and accept it, i have found out that it's not worth it. 💙

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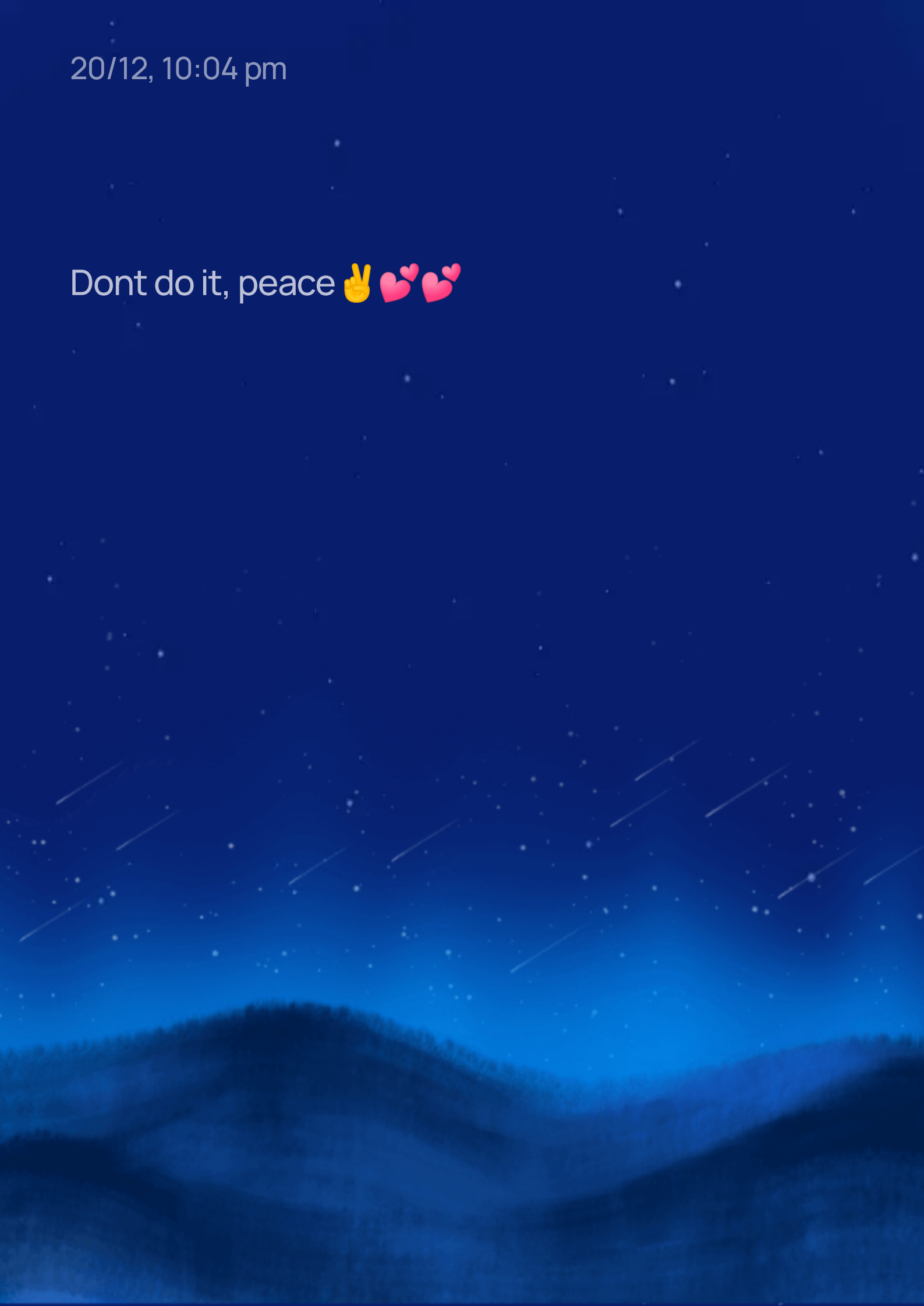
Dont do it, peace ✌️💕💕



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